

Analysis of a Sport, Sport Skill, Anatomy, Biomechanics, Injury, Injury Prevention

Portfolio Presentation PSE 4U

Nt: Any photocopying or overheads that are needed I must have 1 day in advance

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|-----|------------------|---|
| 1) | Tuesday Jan 10 | Alex W, Cole Spero |
| 2) | Wednesday Jan 11 | Melissa, Dennis Brianski & Liz E |
| 3) | Thursday Jan 12 | Snow Day |
| 4) | Friday Jan 13 | Redmen Invitational- Senior Privs |
| 5) | Monday Jan 16 | Katya Elis, Rebecca, Alex V |
| 6) | Tuesday Jan 17 | Snowday |
| 7) | Wednesday Jan 18 | Jaidan, Ashley, Alicia, Liam, |
| 8) | Thursday Jan 19 | Jaida, Emma, Michelle, Cameron |
| 9) | Friday Jan 20 | Sam, Chris T, Matt M, Brianna |
| 10) | Monday Jan 23 | Katie D, Eva Bowers, Shannon & Chantal, |
| 11) | Tuesday Jan 24 | |
| 12) | Wednesday Jan 25 | |

Jan 4-12:21 PM

History and Societal Factors

Portfolio
Analysis at: April, April 22nd, January, July, July Transition

1) **Repeated motion**
explain where in the skill phase, and how, the overload or repeated motion leads to the injury.

1) Anatomy
describe the bones, muscles and joints involved in each of the (motor learning) phases. Using correct anatomical terminology, describe the muscles and their actions, as well as the types of contractions (eccentric/concentric/static) taking place in each of the phases.

Biomechanics
Using biomechanical principles, describe the actions involved in the mechanism of injury. Consider and apply Newton's laws of motion, levers, velocity, acceleration, stability of the joint, and force-movement relationship, etc.

Rehabilitation and Injury Prevention
Injury, Rehabilitation, and Healing
 Describe the injury in terms of tissue, degrees of damage, healing time, rehabilitation recommendations

Injury Prevention through Exercise Prescription
Using your knowledge of exercise prescription and its components, prescribe sport-specific stretches and exercises to prevent the injury, include components such as concentric, eccentric, static, isotonic, isokinetic, speed of movement, balance of muscle pairs, frequency and intensity. For each component you include, explain your decisions.

Dec 3-7:48 AM